Prepare for a Safe School Year!!!

- Be Sure Your Children Know Their Home Phone Number and Address, Your Work Number, the Number of Another Trusted Adult, and How to Deal With Emergencies.
- Make Sure Children Have Enough Change to Make a Phone Call or Carry a Telephone Calling Card.
- Plan a Walking Route to School or the Bus Stop. Choose the Most Direct Way with the Fewest Street Crossings and Use Intersections with Crossing Guards. Test the Route with Your Children. Tell Them to Stay Away From Parks, Vacant Lots, Fields, and Other Places Where There Aren't Many People Around.

Prepare for a Safe School Year!!!

- Teach Children, Whether Walking, Biking, or Riding the Bus to School, to Obey All Traffic Signals, Signs, Traffic Officers, and Safety Patrols. Remind Them to be Extra Careful in Bad Weather.
- Make Sure They Walk to and From School with Others -- a Friend, Neighbor, Brother, Sister.
- When Car Pooling, Drop Off and Pick-Up Children as Close to School as Possible. Don't Leave Until They Have Entered the School Yard or Building.
- Teach Children Never to Talk to Strangers or Accept Rides or Gifts From Strangers.
- Remember, a Stranger is Anyone You or Your

School Bus Safety!!!

- Arrive at the Bus Stop at Least Five Minutes Before Your Bus is Scheduled to Pick You up.
- Always Stand 4 Giant Steps Back From the Curb. When Lining up, Make Your Line Away From the Street.
- Never Walk Behind the Bus.
- If You Have to Cross the Street, Take at Least Six Giant Steps Forward on the Sidewalk Before Turning to Cross the Street. That Way, You and the Bus Driver can see Each Other.
- When You're Getting on and off the Bus, Make Sure Nothing Gets Left Behind. Straps From Your Bag can Easily get Caught in the Door or Railings - Make Sure They are Secured.
- If You Drop Something Near the Bus, Tell the Driver Before You Pick it up. Make Sure the Bus Driver Knows Where You are at all Times

Biking Back to School!!!

- Ensure Children Wear Bike Helmets at all Times When Bicycling. Head Injury is the Leading Cause of Injury/Death in Bike Crashes…
- Ensure Your Child Knows and Follows the Rules of the Road.
- Don’t Let Children Ride on the Road Without Direct Adult Supervision Until Age 10.
- Plan a Safe Cycling Route with Children and Ride it with Them.
- Children Should not be Allowed to Ride After Dark, and Should Wear Retro-Reflective Clothing When Biking at Dawn, Dusk, or During Inclement Weather.
- Make Sure Schools Provide Cyclists with "Safe Areas." Bike Racks Should be Placed in Areas Where There are Few Motor Vehicles and

Back to School Food Safety Tips!!!

- When Preparing Your Child's Lunch, Follow Good Preparation Practices. Use Food that has been Stored and Packed Properly.

- Instruct Children to Refrigerate Lunches at School if Necessary. Be Sure Thermoses are Properly Sealed.

- Ensure Your Children Know that Foods that have not been Stored Properly, Smell or Taste Odd, or are not Sealed Correctly Should be Thrown Away.

- Provide Your Child with a Variety of Foods. This Leads to a Healthy Diet and will Hopefully Keep Them Interested in Eating Their Lunch.

- Advise Children to Wash Their Hands Before Eating Their Lunch to Reduce the Risk of Contamination by Harmful Bacteria.

- Keep in Mind that Growing Children Need More Nutrients, Especially Iron. Foods Rich in Iron (Lean Meats, Whole Grain Or Enriched Bread) will Help them